ROASTED
VEGETABLE
LASAGNE

Roasted vegetable & tomato sauce
layered with fresh pasta & topped
with cheese sauce

coles Kitchen™

REAL FOOD, FAST

MEAL

SERVES
-1-

ROASTED VEGETABLE LASAGNE

3.5 HEALTH STAR RATING

READY IN 4 MINS MICROWAVE

VEGETARIAN V

400g e

USE BY: SEE FILM

Serving suggestion

STORAGE: Keep refrigerated. Store at or below 5°C. Once opened, consume immediately.

Made in Australia from at least 45% Australian ingredients

Coles Kitchen is a trade mark used under licence from Coles Group Limited.
800 Toorak Road,
Hawthorn East, VIC 3123.
Call 1800 061 562 coles.com.au

Tray | Sleeve | Film

arl.org.au

TRY IT. LOVE IT. OR YOUR MONEY BACK.

HOW TO COOK & ENJOY

OVEN 200°C	FAN 180°C	20–25 MINS

Preheat your oven. Remove sleeve and film and place onto a baking tray in the centre of the oven. Cook as required or until golden brown and piping hot.

1000 W MICROWAVE	4 MINS	REST 1 MIN

Before Cooking: Remove sleeve and pierce film several times. After Cooking: Check food is piping hot, allow to stand for 1 minute then serve.

Note: Cooking temperatures and times are provided as a guide. Appliances will vary between brands.
CAUTION: PRODUCT WILL BE HOT. TAKE CARE WHEN HANDLING. DO NOT REFRIGERATE AGAIN ONCE REHEATED. TRAY WILL BECOME FLEXIBLE WHEN REHEATED.

INGREDIENTS: Vegetable Sauce (63%) [Roasted Vegetables (33.5%) (Zucchini, Red Capsicum, Green Capsicum, Onion), Tomato (23%) (Tomato, Acidity Regulator (Citric Acid), Mineral Salt (Calcium Chloride)), Water, Onion, Tomato Paste, Corn Starch, Spinach, Brown Sugar, Red Wine, Crushed Garlic, Basil, Vegetable Stock Seasoning (contains Natural Flavouring), Canola Oil, Smokey Paprika (contains Smoke Flavouring), Salt, Natural Preservative (234)], Cheese Sauce (21%) [**Milk**, Water, Cream (**Milk**), Vegetarian Cheddar Cheese (**Milk**) (9%), Corn Starch, Salted Butter (**Milk**), Vegetarian Parmesan Cheese (**Milk**) (2.0%), Vegetable Stock Seasoning (contains Natural Flavouring), Dijon Mustard, Natural Cheese Flavour (**Milk**), Salt, Natural Preservative (234)], Lasagne Sheets (14%) [Durum **Wheat** Semolina, Water], Cheese & Parsley Garnish (1.0%) [Vegetarian Cheddar Cheese (**Milk**), Parsley].

GOOD SOURCE OF PROTEIN

ALLERGY ADVICE: **Contains wheat, gluten, milk.**
NO ARTIFICIAL COLOURS AND FLAVOURS.

SERVES OF VEG 2 ^

^ 1 serve of vegetables = 75g as per Australian Dietary Guidelines, NHMRC, 2013.

NUTRITION INFORMATION

Servings per package: 1 Serving size: 400g

	Avg. Quantity per Serving	Avg. Quantity per 100g
Energy	1670kJ (401Cal)	419kJ (100Cal)
Protein	12.8g	3.2g
Fat, total	18.4g	4.6g
- saturated	11.2g	2.8g
- trans	LESS THAN 1g	LESS THAN 1g
Carbohydrate	40.4g	10.1g
- sugars	13.2g	3.3g
Dietary Fibre, total	11.2g	2.8g
Sodium	1040mg	260mg

9 310645 491455

DA0925P

A0229

400g E

Serving suggestion

coles Kitchen™ REAL FOOD, FAST

ROASTED VEGETABLE LASAGNE